



Grant County Health Department

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STAY SAFE AS TEMPERATURES RISE

Residents reminded to stay cool, hydrated, and informed during extreme heat

High temperatures are expected over much of Wisconsin for several days, and Grant County Health Department is reminding residents to take steps to stay cool during this heat wave.

Follow these tips to stay safe during extreme heat:

- **Stay in air conditioning.** When possible, stay in air conditioning on hot days. If you don't have air conditioning, head to libraries, and other public spaces to keep cool. Those in need of relief from extreme heat can contact one of various cooling centers throughout Grant County; a list of the cooling centers and their locations can be found on the Grant County Health Department website under resources along with other tips on how to stay healthy in the heat.
- **Check on loved ones.** Be sure to check on older friends and neighbors who live alone and don't have air conditioning.
- **Avoid the hottest part of the day.** If you have to be outside, stick to the cooler morning and evening hours. Wear light, loose clothing and take frequent, air conditioned breaks.
- **Beware of hot cars.** Never leave a person or a pet in a parked car, even for a short time. On an 80 degree day, the temperature inside a car can reach 100 degrees in less than 10 minutes.
- **Stay hydrated.** Drink plenty of water on hot days. Avoid alcohol and hot, heavy meals.
- **Stay informed.** Watch your local weather forecasts so you can plan outdoor activities safely. Pay attention to any extreme heat alerts.

If you start feeling overheated, weak, dizzy, nauseated, or have muscle cramps, you could be experiencing heat illness. Move to air conditioning, drink water, get under a fan, and put on cool washcloths. If your symptoms worsen or don't improve, go to the emergency room.

For more information, visit the Wisconsin Department of Health Services' [heat safety webpage](#) and watch their [heat safety video](#) or contact the Grant County Health Department at 608-723-6416 or visit www.co.grant.wi.gov